



# COMMON SENSE in the HOME

## EDITED by MARION HARLAND

### CONCERNING CHEESE

**A** MERICANS eat less cheese than any other civilized people of whom I have any knowledge.

This sounds like a sweeping statement, but facts back it up. Look for a moment at the nation to which we call ourselves nearest of kin. Cheese with bread is the proverbial food of the British workman. All over England you take cheese as a matter of course. Just as much as you do butter. Bilton, Cheshire, Gloucester, Cheddar—there is no end to the varieties presented to you, and the grating shreds of their cheese as they melt in some triumph in arms. The case is the same in Scotland and Wales, and even in Ireland the cheese supplies the place of meat. Wherever you go cheese is an important item in the dietary.

Cross the channel to Holland and they will give you cheese for breakfast, as if there were not enough opportunity for it at the other meals of the day. Who can forget the display of cheese on the shelves in a Dutch breakfast room—great rounds where any number could "cut and come again." The pineapple cheese, the Edam cheese, the cheese you find at Brock and Montikendam and everywhere else you wander in the land of canals.

When you go into France you enter the land of fancy cheese, but even there the peasant and the workman rely upon cheese as a standby in the dietary. The case is the same in Italy, in Spain, in Switzerland, where you find cheese that never crosses the ocean but remain delicious memories to the palate of the traveler. Who fails to recall with yearning the cheese as it is found on its native heath, liquid and luscious on its bed of straw, or steamed, with the flavor of milk cheese alone, or the "petit Suisse" to be eaten with cream and sugar and gratitude, and the Gruyere, widely known in this country as a "Swiss cheese," and inseparably connected in the mind with rye bread and mustard? Germany holds her own in the matter of cheese, not only with the ill-famed lunger but with others of less striking personality. Passing out of Europe and on into Syria we find the cheese holding its own.

#### Cheese Old as History.

All through the little we meet cheese, and the unchanging fact is true to it centuries. The "leban," which is like our lopped milk or the English curd and whey, is an inevitable item in the oriental commissary, and the Arab traveler carries it with him on his journey, packed into a hard ball, which is own brother to the New England pot cheese. I could go on indefinitely, proving the backwardness of America in the art of the cheese—not the fancy Camembert, Philadelphia, cream, Neuf-

chatel, Brie—which are served with dinner on state occasions and which in spite of their foreign names are the product of domestic factories, but the common or garden varieties of American dairy cheese, which we are informed by government experts, is far more nutritious than an equal bulk of meat.

Hear the words of wisdom from an authorized report:

"A pound of cheese has nearly the same food value as two pounds of fresh beef or any other fresh meat. It is worth as much as a pound of ham and more digestible (Gleason takes special note of this, you who make pork one of your chief items of diet), is equal to two pounds of eggs and three pounds of fish. . . . The only way to account for the comparatively limited demand for cheese is on the basis of custom and lack of knowledge."

Isn't this a melancholy reflection upon the intelligence and the up to date status of the American housekeeper?

"But my family won't eat cheese!" protests one of you. I can see the distressed look as you say it. You want to keep up with the procession of the housewives of other nations, you are impressed by the recital of statistics and facts, you pride yourself on being in the van on matters of dietetics, and you are not the sort of housekeeper I believe you to be if you do not long for a chance to introduce a little variety into your bill of fare. But your family won't eat cheese!

#### Americans Want Savory Dishes.

My dear child, how have you served it to them? Bear in mind that we are all of us overcasters as far as meat is concerned, that we have the meat habit, and that to drive it out we must have something that is appetizing as well as nutritious. The British workman or the continental laborer may satisfy his hunger with a lump of cheese and cold bread, but the American business man won't accept any such substitute for meat at any one of his three meals a day. You must make your cheese dish savory if you expect to have it popular in your family.

Your face lightens. "I can make lovely Welsh rabbit," you say proudly. And then the cloud falls again. "But it always disagrees with us."

At what time do you eat it, may I ask? Is there one person in a thousand who has any idea in connection with a Welsh rabbit except a midnight supper? Can you imagine any one sitting down deliberately and in cold blood and eating Welsh rabbit for luncheon or at any rational hour of the day? It would be like putting up holly for

Fourth of July or offering ice cream for breakfast.

Suppose you were to serve a fine juicy breakfast with fried potatoes and hot coffee, and follow it by a piece of apple pie at 12 o'clock at night—then go to bed within an hour or so. Do you think you would wake up the next morning with an undisturbed digestion, a clear mouth, and a clear head? Isn't it more likely that there would be about as much of a suggestion of the melancholy of the "cold gray dawn of the morning after" as would follow Welsh rabbit and beer taken under like circumstances?

The trouble is not with the cheese but with the time at which you take it. Make an appetizing dish of cheese and put it before your family for luncheon or supper, when there is going to be time and when there probably will be exercise to help the digestion to take care of it, and I am willing to wager something that the after-effects of discomfort will be lacking. A highly concentrated form of nourishment cannot be eaten as you would food that puts no strain upon the gastric powers unless you help them to take care of it by stimulating the blood to do its part in the business of digestion. If you have been exercising before the meal or if you move about briskly afterwards you will not be annoyed by dyspepsia unless your stomach is in bad condition to begin with, and, in that case, tea and toast might distress you.

#### One Thing to Remember.

One thing you must recollect. Cheese has for its principal constituent casein, which consists of nitrogenous matter or protein in order to digest this you must offset it by starch—carbohydrates. That is the philosophy of serving Welsh rabbit on toast and making crackers or bread as natural an accompaniment of cheese as the shovel is to the handle of the fork. We take it for granted that starchy preparations of some sort should accompany cheese, just as we make cheese the natural dressing of so starchy a compound as macaroni.

Keep these few things in mind and put yourself to work devising cheese dishes. I am trying to help you in the good work by giving you some recipes that may prove of assistance to you. All of them have been proved and eaten on my own table, and I can commend them for their appetizing qualities, as well as for their food values. They will make a pleasing and an economical change from meat at every meal of the day and will almost take the place of that new animal for which all housekeepers yearn when the late winter and early spring move us to weariness of the dietary we have followed for months.

CHEESE FONDU OR PUDDING (11-12)

Add a tiny pinch of baking soda to a pint of milk and heat it in a double boiler. When it is warm put in a cupful of bread crumbs and let them soak for fifteen minutes. Add to the bread and milk a tablespoonful of butter and a cupful of grated cheese. As soon as the cheese is melted, put in two eggs, cook a couple of minutes, and add salt and red pepper to taste, turn all the ingredients into a pudding dish, and bake covered in a quick oven for fifteen minutes. Uncover and brown and serve at once, as it falls quickly after it leaves the oven.

**CHEESE FONDU (12-13)**—Into a double boiler put a cupful of milk, a scant cupful of soft white bread crumbs, a tablespoonful of butter, and two cupfuls of grated cheese. Cover and let cook together until the cheese is melted. When this stage is reached whip in two well beaten eggs, cook until the mixture is creamy and begins to thicken, season to taste with salt and a little red pepper or paprika, and serve. It is good either on crackers or on toast.

#### Welsh Rabbit Without Beer.

**A TEMPERANCE WELSH RABBIT**—Melt a tablespoonful of butter in a double boiler and put with it a gill of hot water and a half pound of soft cheese, either grated or shaved. Let them melt together. When they are well blended season with a teaspoonful of celery salt, a pinch each of dry mustard and of red pepper, and beat in two eggs, whipped light. Cook about three minutes longer, stirring all the time, and then add a teaspoonful of Worcestershire sauce. Serve at once on toast. This is a delicious rabbit and will never become starchy. If you prefer the stringy variety—the sort that is eaten by the yard, so to speak—omit the eggs. This same rabbit may be made of the Emmentaler variety by using beer or ale instead of water.

**BAKED WELSH RABBIT**—Cut slices of stale bread of uniform thickness and trim off the crust. Slice cheese thin and arrange the bread and the cheese in a bakewell in alternate layers, the cheese on the bottom. When the dish is packed with this pour in milk to fill the dish to the brim, sprinkling a little salt over the topmost layer. Cover the dish and bake for twenty minutes, uncover, and brown. The contents will puff up and be deliciously light and tender, as well as of an appetizing quality. If you wish you can put salt and cayenne pepper on each layer, but as a rule no more salt is needed than is already in the bread and the cheese.

**GOLDEN BUCK**—Put a tablespoonful of butter and three cupfuls of grated or shaved cheese in a frying pan and let them become thoroughly melted. When this stage is reached put in a gill of hot water,



stir until you have the smooth, thick compound, season to taste with a saltspoonful each of salt and dry mustard, and serve on rounds of buttered toast. Have ready a poached egg for each round of toast and put this on the cheese. This should be eaten at once, or the cheese will become stringy.

A variation on this may be made by poaching the eggs as soon as the cheese is ready and stirring them into the cheese mixture. They should be tolerably well cooked. If this is done they will require more salt than if served in the first fashion directed.

# MARION HARLAND'S HELPING HAND

#### IMPORTANT NOTICE

**B**ECAUSE of the enormous number of letters sent to the department I must ask contributors to limit their communications to 100 words, except in cases of formulas or recipes which require greater space. I want all my correspondents to have a showing in the *Helping Hand*, and if my request in this respect is complied with it will be possible to print many more letters. Attention is called to the fact that Marion Harland cannot receive money for patterns, as she has no connection with any department that sells them.

**S**OME time ago you printed an appeal for books, papers, etc. A woman who is trying to find a library and school in a destitute region. The address was given in full—Mrs. Kemper Harvey, Elk Ridge, Virginia. Your attention has been called to this infant mission by Mrs. J. R. E., Atlanta, Ga.

I sent papers to Elk Ridge, Va. The postoffice authorities say there is no such postoffice in the state of Virginia. They will hold the parcel for two weeks, hoping I may send the correct address. Kindly explain.

This writes a New York correspondent. As you have been informed by mail, the right address is—Mrs. Kemper Harvey, Elk Ridge, WEST Virginia. I am surprised that the solution of the puzzle did not at once present itself to your postmaster. The division of what was until now the largest state in the union, as it is one of the oldest, is not such an odd affair as to prevent a suggestion of this kind from entering the mind of a young or middle-aged man. In our book the case is registered as "Struggling Sunday School wants books and papers."

Several other correspondents have written to us of the oversight. I do not regret the opportunity of bringing the struggling Sunday school and the book-hungry young people in the neighborhood again to the notice of the *Helping Hand*. It is a most worthy cause and deserves all the support we can give to it.

#### Recipe for Pork Cake.

A member asked awhile ago for a recipe for pork cake. I am happy to contribute one that has been used for forty years in New York state. Recollecting how good my aunt's pork cake used to be, I sent to her for a copy of the recipe. The querist is heartily welcome to it.

**PORK CAKE**—One pound of fat pork, chopped fine, or put through the grinder. Pour over it a pint of boiling water. Then add two cups of sugar, one cup of molasses, one teaspoonful of ground cloves, and the same of cinnamon, half a teaspoonful of grated nutmeg, one scant tablespoonful of baking soda, one cupful of raisins, and six and a half cupfuls of flour. A BAKER.

in, of course, the "raising" agent in combination with the molasses. We have had a baker's dozen recipes for the old-fashioned delicacy.

In No. 2 we gain some knowledge of the order in which the ingredients are to be compounded. In other respects it bears a strong family resemblance to the forty year old New Yorker. The likeness inclines one to the belief that our "Reader" has the original.

#### An Old Time Recipe.

**PORK CAKE (No. 2)**—An old time recipe—One pound of pork, without lean, chopped fine; pour half a pint of boiling water over it. One pound of raisins, chopped fine. Mix with a little flour after chopping; two cups of brown sugar, one cup of molasses, one teaspoonful of soda, stirred into the molasses, two teaspoonfuls of cinnamon, half a teaspoonful of cloves and the same of nutmeg.

Put in enough flour to make it as thick as common loaf cake batter.

Mrs. F. J. W.

A third formula varies widely from the original pattern:

**PORK CAKE (No. 3)**—One pound of fresh pork chopped, over which pour half a pint of boiling water; one cup of molasses, two cups of sugar, three eggs, one teaspoonful of soda, spice and fruit to taste. I always use a teaspoonful each of cinnamon and cloves, one pound of raisins, one pound of currants, and as many nuts as I think best.

Bake two hours in a slow oven. It will keep as long as fruit cake.

Mrs. F. D. L.

When a child I was fond of what the colored "mamies" called "crackling bread." Sometimes they put a handful of raisins in it and sweetened it slightly. Usually it was made of cornmeal, scalded, then mixed with "cracklings"—i. e., the crisp bits strained out of the lard after it was "fried out" over the fire. The bits were the reddish brown and chunks of fat salt pork thrown into the pot with the "lard lard."

This bread was, undoubtedly, a poor and distant relative of our unctuous pork cake.

#### Proper Weight of Baby?

"My baby weighed eight pounds at birth. He is now a year old and thin, weighing only about sixteen pounds. I nurse him and he seems to be a healthy child, except that he is troubled with constipation. He has six full grown teeth and is a good baby. Can you tell how to make him fat? I have heard of fattening babies upon olive oil, but I don't know how much to give him."

**YOUNG MOTHER.**

You have fallen into the mistake common with a majority of mothers of thinking that a healthy baby must be fat. "Some are not built that way." Your boy weighs as much as one ought to expect at his age. One of the finest of my six healthy children weighed six pounds at birth and I wrote proudly of her a year later. "A fine child and perfectly healthy. She weighs sixteen pounds." Another, a bouncing boy, weighed twelve pounds at birth and had

not a superfluous ounce of flesh then or for years thereafter. If a child eats well, sleeps well, and assimilates his food properly he is healthy, even though his growth is more in bone and tissues than in adipose matter. Olive oil is a good "skin food." You might massage him with it after the morning bath, paying especial attention, in rubbing, to the abdomen. The process may induce the growth of flesh and relax the bowels. It cannot hurt him. When he can roll over the floor and pull himself to a standing position the digestive system will probably adjust itself. Don't drug him without the advice of a wise and conservative doctor. The less medicine a baby takes the better for him and for his mother. Don't create a disease in order to cure one.

#### Cold Starch Recipe Wanted.

In the *Helping Hand* there was not long ago a recipe for making cold starch. It had in it borax, salt, baking, and turpentine. I like it very much, but I have forgotten the proportions and have lost the recipe. I should be much obliged to you if you would republish it.

And, if not too much trouble, I should also like to have the rules for cleaning fur with starch.

Mrs. M. R.

Are you sure that you saw the formula for bluing in the *Helping Hand*? I cannot recall it nor can I find it in our files. If some reader is more fortunate she will oblige our correspondent if she will send it to us.

As to the method of cleaning white furs with starch, I think this is what you want. I have tried it successfully five or six times. **TO CLEAN WHITE FURS**—Beat and brush out all the dirt. Then soak the furs in grain alcohol. While they are still dripping wet lift them to the boracic talcum which will hold. If you cannot get the talcum mix four parts of powdered starch with one part of the best quality of powdered borax. Use a powder box with a perforated top and drive the powder down to the roots of each hair. This done and the furs thickly coated, put them away in a box with a close top, and do not open it for three days. Take them, then, the box into the open air and shake all the powder that will come out of the furs into the air. Beat and brush gently but faithfully, then smooth the furs into shape. The grime will come away with the powder.

#### Chocolate Fudge Recipe.

"May I add a recipe to those you have given us for home made candies? We often make it and know it to be good."

**CHOCOLATE FUDGE**—One cup of sugar; half a cupful of sweet milk; two bars of sweet chocolate, grated. Put over the fire and boil until it drips from the spoon in a stream like a hair. Mix in as many English walnut meats cut into bits, as you think best. Stir and beat until the mixture is "sugary." Pour into a buttered platter to cool, and cut into squares.

"And have you room for a winter relish we like?"

**TOMATO RELISH**—Put a quart of cooked tomatoes into a bakewell; add a pint of cooked macaroni, and a few pieces of cream cheese with a little butter. Salt and pepper to taste; stir up well to mix all the ingredients and bake thirty minutes.

Mrs. A. F. K.

A genuine Italian dish, if you will substitute Parmesan or grated English cheese for the cream cheese. You may vary the dish by straining the canned tomatoes, seasoning the fudge with sugar, pepper, salt, a little onion juice, and a good spoonful of butter melted in flour. Lastly, add three tablespoonfuls of grated cheese. Butter the dish; put in a layer of macaroni, which has been boiled tender; cover with the tomato sauce, and proceed in this order until all the ingredients are used up. Stew cheese thickly on the top and bake, covered, fifteen minutes, then brown. It is a delicious luncheon dish, and a nice second or third vegetable at dinner.

**How to Make Mustard Pickles.**

"Some one asked the other day for a recipe for mustard pickles and you referred the inquiry to the constituency at large. Therefore I feel at liberty to put in my wee bit of help in the form of the desired recipe."

**MUSTARD PICKLES**—One cauliflower or cut up small; one quart of little silver skinned onions, leave whole; one quart of dry pickles, purchased at store for 25 cents per quart; one quart of medium sized cucumbers, peeled and sliced about an inch thick; one quart of sliced green tomatoes; four quarts of cold water; one pint of salt; four peppers, two green and two red. Let stand twenty-four hours. Drain the whole in brine and drain.

**DRESSING**—One cup of flour; six tablespoonfuls powdered mustard; one tablespoonful turmeric powder; enough cold vinegar to make a paste; one cup of sugar; enough vinegar to make two quarts. Boil and stir until it thickens. Be careful that it does not scorch. Put peppers through meat chopper and add to the dressing. Then add pickles. Heat and can.

Mrs. C. W. M.

I said truly that I did not know what "mustard pickles" meant. I certainly had no acquaintance with them in the form you give. We thank you for enlightening our ignorance. If there are yet other forms of the condiment, will the owners of the formulas favor us?

#### Recipe for Sausage Roll.

"Kindly tell me what sausage roll is? I thought there was but one way of cooking sausage, but my John, who has been to the east lately, talks of having eaten delicious sausage roll there. We are farming people and make our own sausage. I have the vanity to think there is no better in the state of Missouri."

Mrs. J. T. M.

I have no doubt that you are right, and I cheerfully tell you how you may make a palatable dinner dish of what is usually served at breakfast and luncheon. **SAUSAGE ROLL**—Put eight link sausages (or as many as your family may require) into a deep frying pan and cover with cold water. Prick the covers of the sausages to prevent bursting before you do this. Bring to a steady boil and keep this up for half an hour. Let the sausages get cold in the water. When they are dead cold strip off the covers—i. e., the thin membranes in which they are enveloped. Do this carefully, not to break the meat. Have ready as many slices of pieces of pastry or biscuit dough as you have sausages. Wrap one in each oblong piece of pastry, folding over and pinching the edges neatly to keep them from bursting open. Lay in a floured baky pan, the joined sides of the rolls downward, and cover with another pan. Set in the oven and bake, covered, twenty minutes. Then take off the upper pan and brown. Send around apple sauce with them. If you have the sausage meat in bulk, form into balls and cook half an hour in a covered pan. Do not try to make the dish with raw sausage meat. It will be at heart when the crust is done. And

rare pork is a culinary solum, besides being unwholesome.

**GRIDDLE CAKES**—Into a tablespoonful of butter rub a tablespoonful of powdered sugar, add a pint of milk and two eggs beaten very light. Into a pint of flour add a teaspoonful of baking powder and one of salt and stir all together several times. Add this prepared flour gradually to the egg and milk mixture, beat until there are no lumps in the batter, add salt and pepper, a heated griddle hot enough of the batter to make cakes of the desired size. Take care always in mixing griddle cakes not to get the batter too stiff.

**HICKORY NUT CAKE** (by request of Mrs. O.)—Into a pound of powdered sugar work a cupful of butter, add a cupful of cold water, four eggs beaten light, a dash of mace, and three cupfuls of flour, well sifted with two teaspoonfuls of baking powder. Last of all, stir in two cupfuls of hickory nut meats cut up and well dredged with flour. Bake in a loaf tin.

**ASPARAGUS A LA VINAIGRETTE** (by request of Mrs. D.)—Boil a bunch of asparagus in the usual way in salted water after cutting away the toughest part of the stalks. When tender drain, and while hot, cover with a good French dressing made by heating together one portion of vinegar to three parts of oil and adding salt and pepper to taste. Turn the asparagus over and over in this dressing, that each stalk may become coated. Set on the ice until thoroughly chilled before serving.

**GRAHAM BREAD** (kindness of F. M. H.)—One pint of sour milk, two-thirds of a cup of molasses, one teaspoonful of soda dissolved in a little warm water, one teaspoonful of salt, one cup of white flour, two cups of graham flour, one teaspoonful of baking powder. Mix well and bake for an hour.

#### How to Make Grape Juice.

Last fall I happened to be in the house of a friend of mine while she was in the midst of putting up grape juice, and I was astonished to see what hard work she made of it. I found her engaged in the useless task of squeezing all the pulp from the skins before cooking and straining which the process of cooking could not fail to do. When thoroughly cooled she patiently strained the grapes through a colander and put up in self-sealing jars.

The following is my labor-saving method: Wash the grapes. Uncover, thoroughly in cold water, weigh, allowing three-fourths of a quart of water to every five pounds of grapes, boil until pulp and skins are thoroughly separated and boiled down. Make a bag of silted cheesecloth large enough to hold all the juice that would fill a small bread pan, tie the top tight with a stout cord, and hang up on a strong nail or hook so that it can drip into the pan. It will take about fourteen hours to drip through. When all is strained through, add one pound of sugar and boil again two minutes. Get any good sized bottles with tight fitting corks, heat them gradually from warm to hot water, and fill with juice. Cap corks, wash sufficient paraffin wax, and dip the cork and neck of the bottle in this wax, which will keep them airtight for any length of time. If you buy grapes when cheap, one bottle full of pure juice will cost you about 8 cents. And

## FAMILY MEALS FOR A WEEK

SUNDAY.		
BREAKFAST.	LUNCHEON.	DINNER.
Cereal and cream.	Philadelphia scrapple.	Canned asparagus soup.
Fish cakes.	Stuffed potatoes.	Baked and broiled hamburger steak.
Grandma's corn-cakes.	Sweet potato scallop (a left-over).	Fried bananas.
Starch and tea.	This bread and butter.	Pork cake and black coffee. (See recipe in <i>Helping Hand</i> .)
Starch and tea.	Ginger snaps and American cheese.	
	Yes.	
	DINNER.	
	Creole of spinach soup (a left-over).	
	Chicken pudding (a left-over).	
	Rice croquettes (a left-over).	
	Peas and date pudding.	
	Black coffee.	
	COOKIES.	
	WEDNESDAY.	
	BREAKFAST.	
	Cereal and cream.	
	Hawaiian pineapple.	
	Salmon croquettes.	
	Corn bread.	
	Tea and coffee.	
	LUNCHEON.	
	Remnant of chicken pudding.	
	Stewed potatoes.	
	Fruit salad.	
	Cheese and cream.	
	Cream puffs.	
	Tea.	
	DINNER.	
	Macaroni soup with Parmesan cheese.	
	Sausage roll. (See recipe in <i>Helping Hand</i> .)	
	Apple sauce.	
	Straw tomatoes.	
	Canned asparagus and cream.	
	COOKIES.	
	Black coffee.	
	THURSDAY.	
	BREAKFAST.	
	Cereal and cream.	
	Waffles and fruit.	
	Tea and coffee.	
	LUNCHEON.	
	Barbecued ham.	
	French fried potatoes.	
	Burnt brown bread.	
	Poor man's pudding.	
	Tea.	
	DINNER.	
	Strap soup (remnant of the week's left-over).	
	Fish timbale (a left-over).	
	Canned asparagus. Baked potatoes.	
	Expensive pudding.	
	Black coffee.	